

Our Groups & Activities: 22 APRIL 2024

Please note the location of each activity is colour-coded as follows:

Online sessions (via Zoom) | **Face-to-Face in Mole Valley** | **Face-to-Face in Epsom, Ewell & Banstead** | **Face-to-Face in Elmbridge**

	Morning	Afternoon	Evening
Monday	<p>10.00-11.00 Cardio Tennis A 10-week course starting from 13 May. No session 27 May. At the Tennis Courts, Oatlands Park Recreation Ground, Weybridge. <i>Tanya & Rachel</i></p>	<p>12.00-13.00 Let's Talk – Photography Weekly. <i>Carlota</i></p> <p>13.30-14.30 Online Quiz Weekly. <i>Carlota & Paul P</i></p>	
	<p>10.00-11.30 Coffee Morning - Leatherhead Weekly at the Leatherhead Institute. <i>Dina & Volunteer</i></p>		

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	<p>10.00-12.00 Move Forward Together - Adult Autistic Peer Support Group Weekly, at the Brickfield Centre. <i>Emma H & Parvin</i></p>		
	<p>10.30-12.00 Coffee Morning – West Molesey Weekly at St Peter’s West Molesey Community Hub. <i>Jack & Volunteer</i></p>		

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Tuesday	<p>11.00-12.30 Arts & Crafts - Leatherhead Weekly at Leatherhead Methodist Church. <i>Dina & Louisa</i></p>	<p>10.00-11.30 Let's Talk Assertiveness and Boundaries- West Molesey A 4-week course starting 14 May at St Peter's West Molesey Community Hub. No session 28 May. <i>Lucy & MFT</i></p>	<p>19.00-20.00 LGBTQ+ Peer Support Group Next on 21 May. <i>Matthew & Volunteer</i></p>
	<p>11.30-12.30 Yoga - Dorking Weekly at The Studio, Taylor Place. Term time only. <i>Saara V</i></p>		<p>19.30-20.30 MFT Support Network for Unpaid Adult Carers of People with Long Term Mental and Physical Conditions First Tuesday of every month. Next on 7 May. <i>Parvin & Emma</i></p>

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		<p>12.00-14.00 Peer Support – West Molesey Weekly at St Peter’s West Molesey Community Hub. <i>Lucy & MFT</i></p> <p>13.00-13.45 Singing in Mind A 10-week course starting 30 April until 9 July. No session 28 May. <i>Hazel</i></p>	
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		<p>13.00-16.00 ESDAS Surgery for people experiencing Domestic Abuse Second Tuesday of each month at the Brickfield Centre. Next on 14 May. <i>Anna (ESDAS)</i></p> <p>13.00-14.00 Football - Leatherhead Weekly at Leatherhead Leisure Centre, The Mole Barn. <i>MFT & Volunteer</i></p>	
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	<p>13.30-15.00 Art in Tadworth Weekly at Tattenham Library, Tadworth. <i>Louisa & Dina</i></p>	
	<p>13.30-15.00 Nature Nurtures: Creating a Nurturing & Flourishing Garden Weekly at the Brickfield Centre. <i>Anna & Volunteer</i></p>	
	<p>13.30-15.00 Brickfield Garden Open Afternoon Tuesday 14 May. <i>Anna & Volunteer</i></p>	

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		<p>14.00– 15.30 Creative Writing Weekly. <i>Michele & Chris</i></p> <p>15.30-16.30 Yoga for Wellbeing Group Weekly at The Banstead Community Centre (new location from 16 April). <i>Louise T</i></p>	
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Wednesday	<p>10.00-12.00 Coffee and Craft Mornings Bi-Weekly at St Peter's Church, Woodmansterne. Next on 2 May. This is a drop-in group. <i>Anna & Volunteer</i></p>	<p>13.00-14.30 Let's Talk Assertiveness and Boundaries A 4-week course starting 17 April at King's Church Epsom <i>Lucy & Volunteer</i></p>	<p>18.00-19.30 Let's Talk – Support Bi-weekly, starting on 1 May. <i>Belinda & Mark</i></p>
	<p>10.30 -11.30 Women's Coffee Morning Weekly. <i>Lucy B</i></p>	<p>13.30-15.30 Making a Clay Relief Tile – West Molesey (Group B) A 4-week course starting 3 April at St Peter's West Molesey Community Hub. <i>Louisa & Dina</i></p>	<p>19.30-20.15 Meditation Weekly. <i>Louise T</i></p>

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	<p>10.30-11.30 Circuit Training At Nuffield Health, Leatherhead. Weekly. <i>Nuffield Health</i></p>	<p>15.30-17.00 16-25s Group Weekly face-to-face social group for 16- 25's at the Brickfield Centre, Epsom. <i>Jack & Volunteer</i></p> <p>16.00 – 16.45 Book Club Weekly. <i>Anna & Alan T</i></p>	
<p>Thursday</p>	<p>11.00-12.00 Coffee Morning Weekly. <i>Louise T & Mark</i></p>		<p>18.00-18.40 Zumba Weekly. <i>Jayne Nicola</i></p>

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	<p>11.00-12.00</p> <p>Ramblers Wellbeing Walks YMCA East Surrey Walk – Epsom Downs</p> <p>Weekly walk starting from the Beefeater Pub at Tattenham Corner.</p> <p><i>Matthew & Volunteer</i></p>	<p>13.00-14.00</p> <p>Wellbeing Walk – Walton</p> <p>Weekly walks starting from Wilde Brunch Café by Walton Bridge car park.</p> <p><i>Jack</i></p>	<p>19.00-20.30</p> <p>Bipolar Support Group</p> <p>Next on 2 May.</p> <p><i>Patrick & Helen</i></p>
	<p>11.00-12.30</p> <p>Women’s Peer Support Group – Epsom</p> <p>Weekly at King’s Church, Longmead Road, Epsom.</p> <p><i>Lucy</i></p>	<p>13.00-14.00</p> <p>Yoga for All Abilities</p> <p>(New joiners need to complete a medical form).</p> <p>Term time only.</p> <p><i>Saara V</i></p>	<p>20.00-21.00</p> <p>Hoarders Support Group</p> <p>Next on 9 May.</p> <p><i>Helen</i></p>

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	<p>11.00-14.00 Arts & Crafts - Epsom Weekly at the Brickfield Centre. <i>Dina & Jen E</i></p>	<p>13.30-14.30 Online Quiz Weekly. <i>Carlota & Paul P</i></p>	
		<p>15.00-16.00 Restorative Yoga- Walton A 4-week course starting 4 April. At the Walton Community Centre. <i>Anna & Jack</i></p>	
		<p>15.00-16.00 Let's Get Moving for Mental Health A 5-week course starting 2 May. At Walton Community Centre. <i>Anna & Jack</i></p>	

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Friday	<p>11.00-14.00</p> <p>MFT Community Connections - Together Stronger - Epsom</p> <p>Weekly at the Brickfield Centre.</p> <p><i>Louise T & Volunteer</i></p>	<p>13.00-14.00</p> <p>Football - Leatherhead</p> <p>Weekly at Leatherhead Leisure Centre, The Mole Barn.</p> <p><i>MFT & Volunteer</i></p>	
	<p>11.15-13.15</p> <p>Peer Support – Hersham</p> <p>Bi-Weekly (2 groups) at The Guide Hut, Hersham. Group 1 starts on 5 April, Group 2 starts on 12 April.</p> <p><i>Belinda & MFT</i></p>		

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This is our current calendar of activities. Unless otherwise stated, all sessions are weekly. Please book your place on any course by emailing info@maryfrancestrust.org.uk. If you do not already use our service, you'll need to complete a short [online registration form](#) available on our website. If you book onto one of our physical activities, please make sure to complete the medical and/or waiver form as required by the activity and send it to us before attending the session.

Support appointments of 30 minutes are available with your local Area Co-ordinator. To book one, please contact info@maryfrancestrust.org.uk or email them directly.